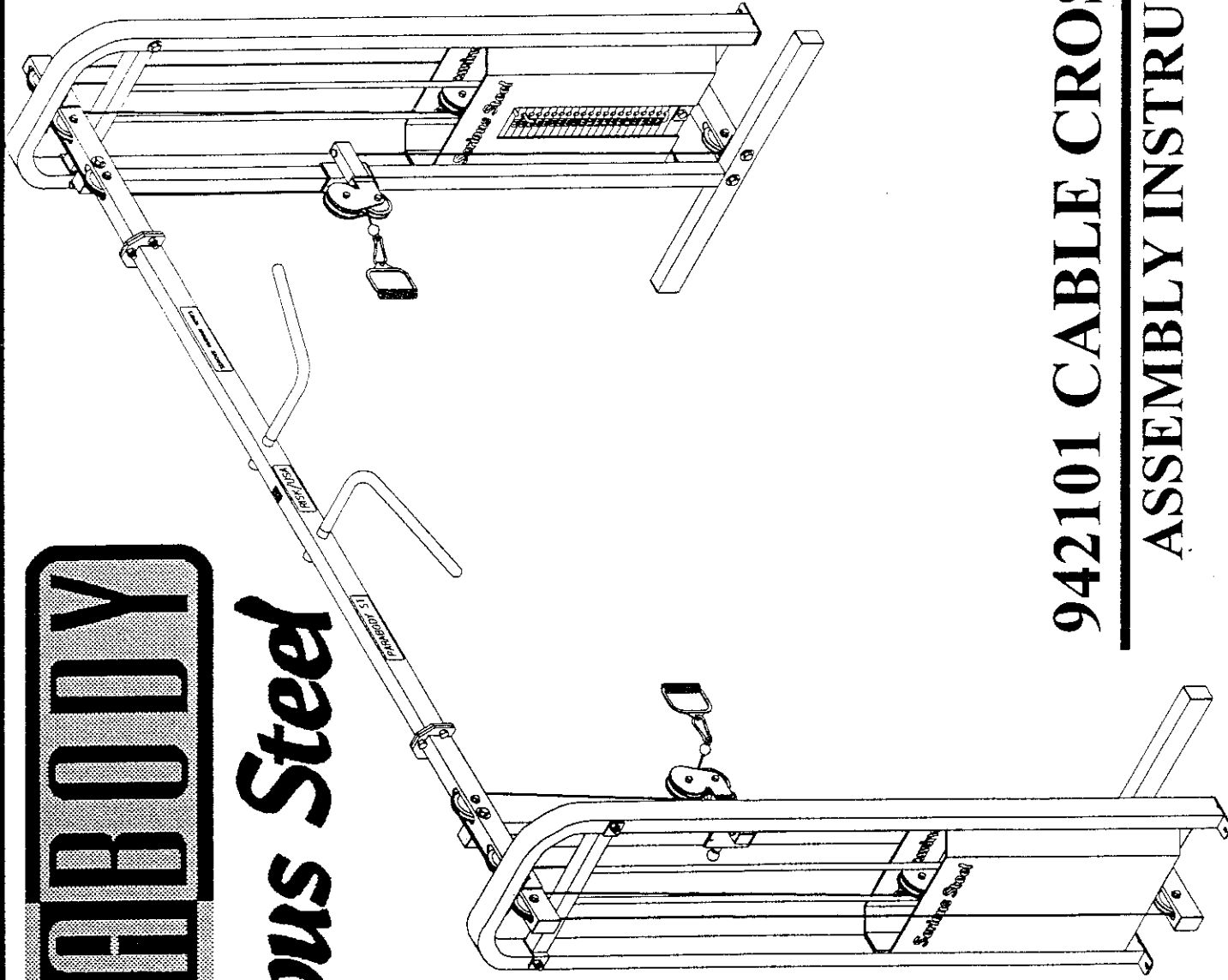


**PARABODY**

*Serious Steel*



# 942101 CABLE CROSS OVER

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## ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

### WELCOME TO THE WORLD OF *Serious Steel!*

**Please note:**

- \* Thank you for purchasing the Parabody 942101 CABLE CROSS-OVER. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Consult a physician before beginning any exercise program.
2. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
3. Do not allow minors or children to play on or around this equipment.
4. Exercise with care to avoid injury.
5. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
6. To avoid injury and ease assembly, it is recommend that at least two people are needed to install the 942101.

## Tools Required for Assembly

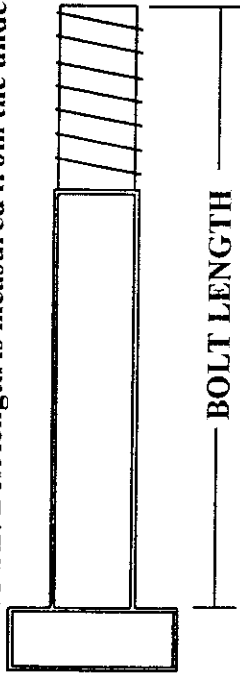
- \* Rubber mallet or hammer
  - \* 3/4" wrench
  - \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
  - \* 5/16" Allen wrench,
  - \* Adjustable wrench
  - \* Tape measure

# PARTS LIST

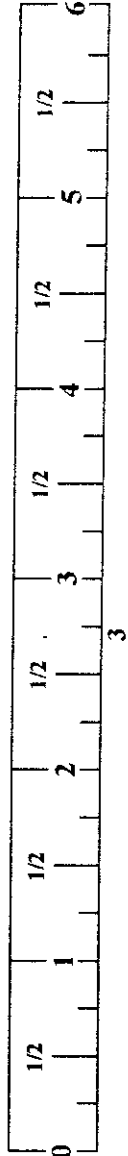
KEY	PART#	DESCRIPTION	QTY	KEY	PART#	DESCRIPTION	QTY
1	6744003	TOWER	2	30	3108002	WEIGHT STACK CUSHION	4
2	6744102	NOVATRAK SWIVEL	2	31	6382301	PLATE BUSHING (10 CT.)	8
3	6744502	CENTER PULLEY BRACKET	2	32	3103801	5/16" SNAP HOOK	2
4	6744703	TOWER BRACE	2	33	6412001	3/8" SPRING PIN ASSEMBLY	2
5	6746302	SWIVEL HOLDER	2	34	3102501	3/8" FLAT WASHER	10
6	6745003	LOWER PULLEY HOUSING	2	35	3102502	1/2" FLAT WASHER	12
7	6745403	SWIVEL UPRIGHT	2	36	3102802	3/8" LOCK NUT	16
8	6745703	UPPER PULLEY HOUSING	2	37	3102801	1/2" LOCK NUT	18
9	6746003	CHIN-UP SUPPORT	1	38	3102804	1/2" LOW HT LOCK NUT	6
10	6459401	81" GUIDE ROD	4	39	3102909	3/8 X 1" BOLT	8
11	6722705	FRONT SHROUD	2	40	3102901	3/8 X 1-1/4" BOLT	2
12	6722805	REAR SHROUD	2	41	3102933	3/8 X 2" BOLT	6
13	3116101	4-1/2" PULLEY	4	42	3102922	3/8 X 2-3/4" BOLT	10
14	3116201	3-1/2" PULLEY	12	43	3202101	1/2 X 1-1/4" BOLT	8
15	6748101	REVOLVING CHROME HANDLE	2	44	3102918	1/2 X 3-1/4" BOLT	6
16	6284501	WEIGHT STACK SHAFT	2	45	3202103	1/2 X 4" BOLT	10
17	6714601	HEAD PLATE	2	46	3102944	1/2 X 5" BOLT	2
18	6748101	336-3/8" CABLE	2	47	6703801	WEIGHT STACK LABEL (LBS.)	2
19	6020601	1/2" FLANGE BEARING	4	48	6703901	WEIGHT STACK LABEL (KGS.)	2
20	6480301	3/8" FLANGE SPACER	20	49	6214501	WEIGHT PLATE	40
21	6214401	WEIGHT STACK PIN	2	50	3202402	1/2 X 3/4" BTN HD CAP SCREW	2

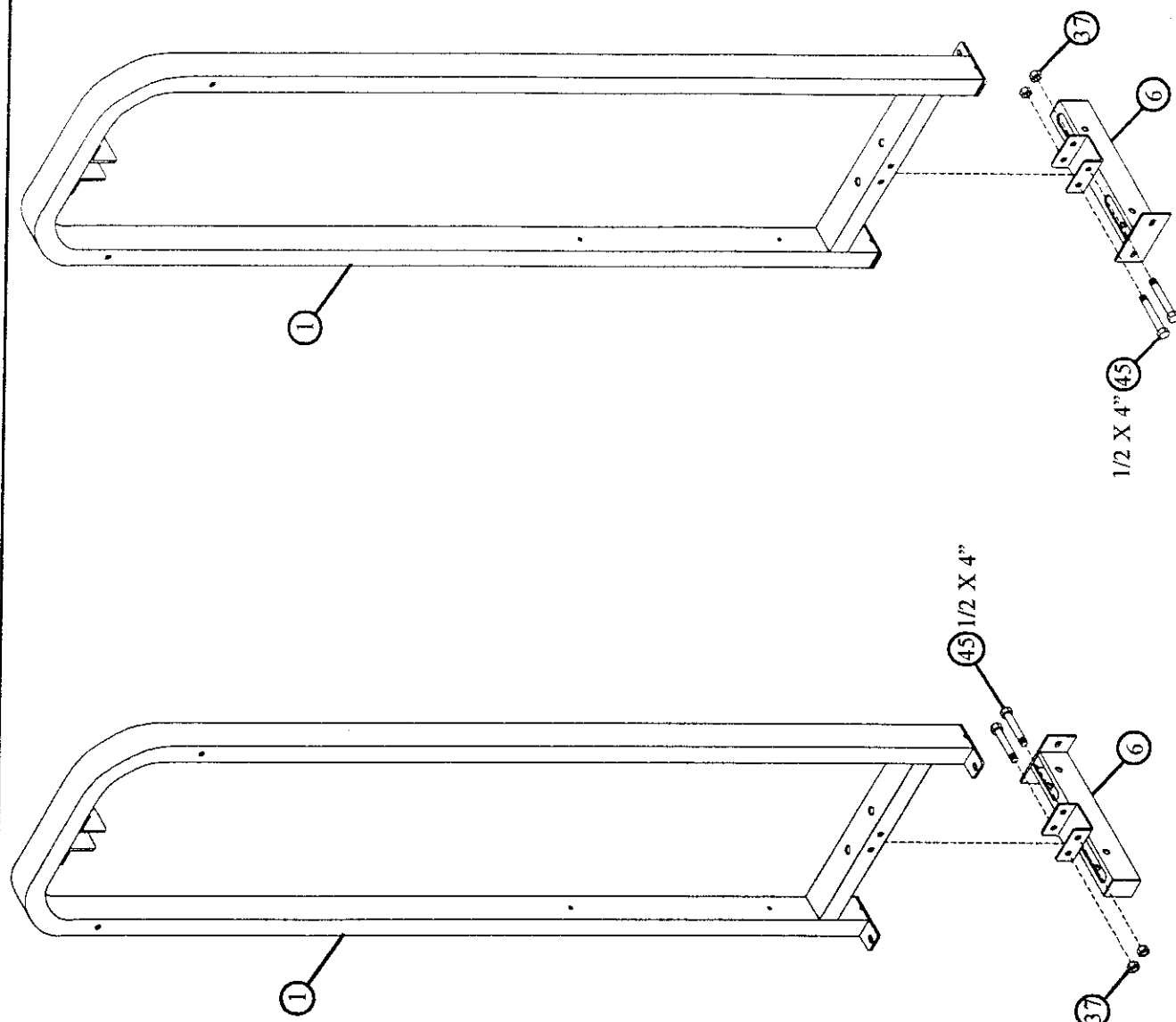
## Bolt Length Ruler

NOTE: Bolt length is measured from the underside of the head of the bolt.



BOLT LENGTH RULER:

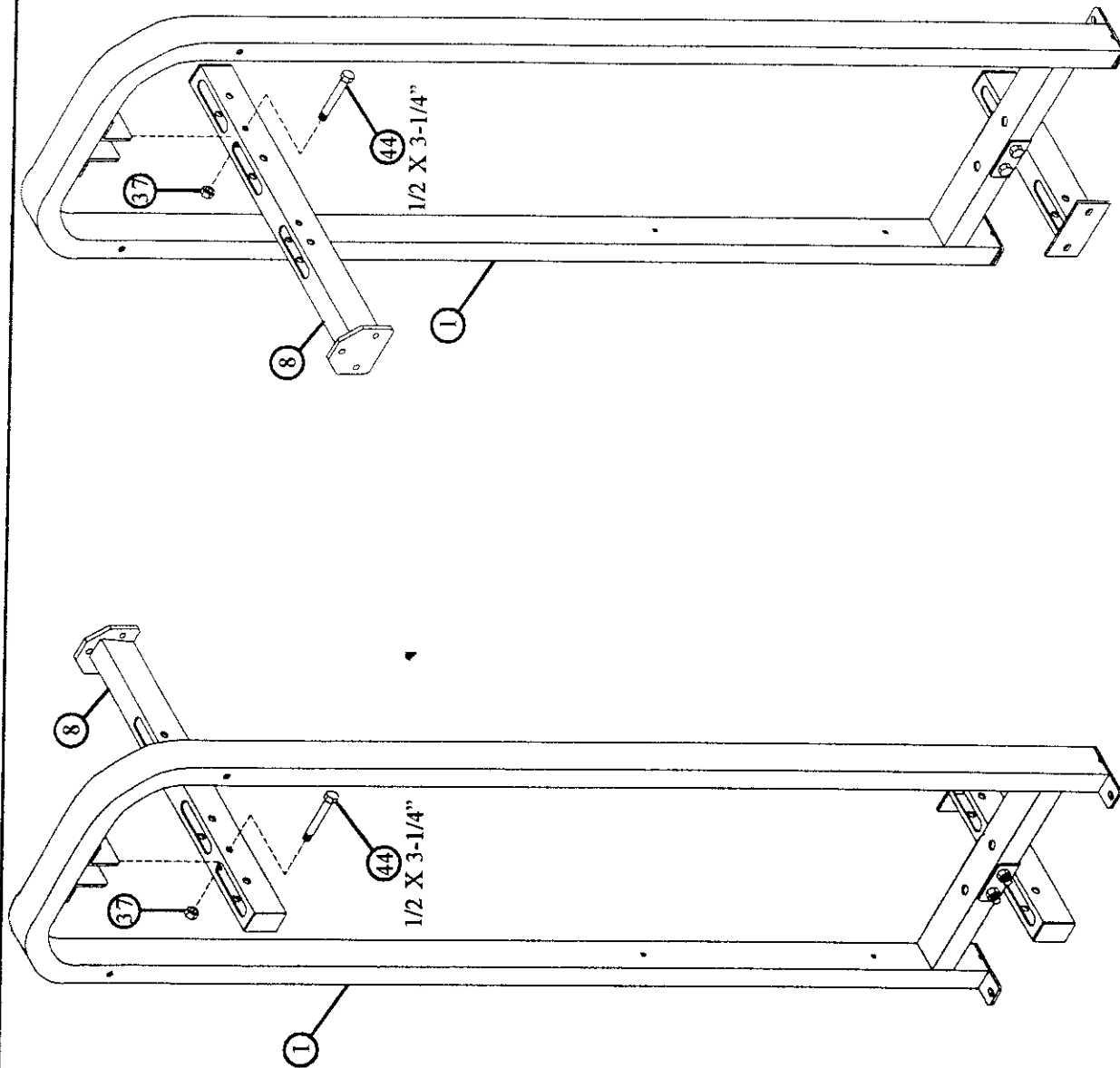




**FIGURE 1**

**STEP 1**

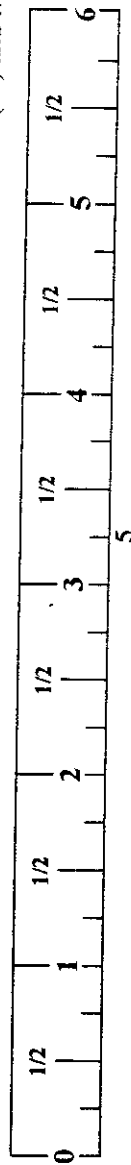
- **SECURELY** assemble the two LOWER PULLEY HOUSINGS (6) to the two TOWERS (1) using four 1/2 X 4" BOLTS (45) and four 1/2" LOCK NUTS (37) as shown in FIGURE 1.

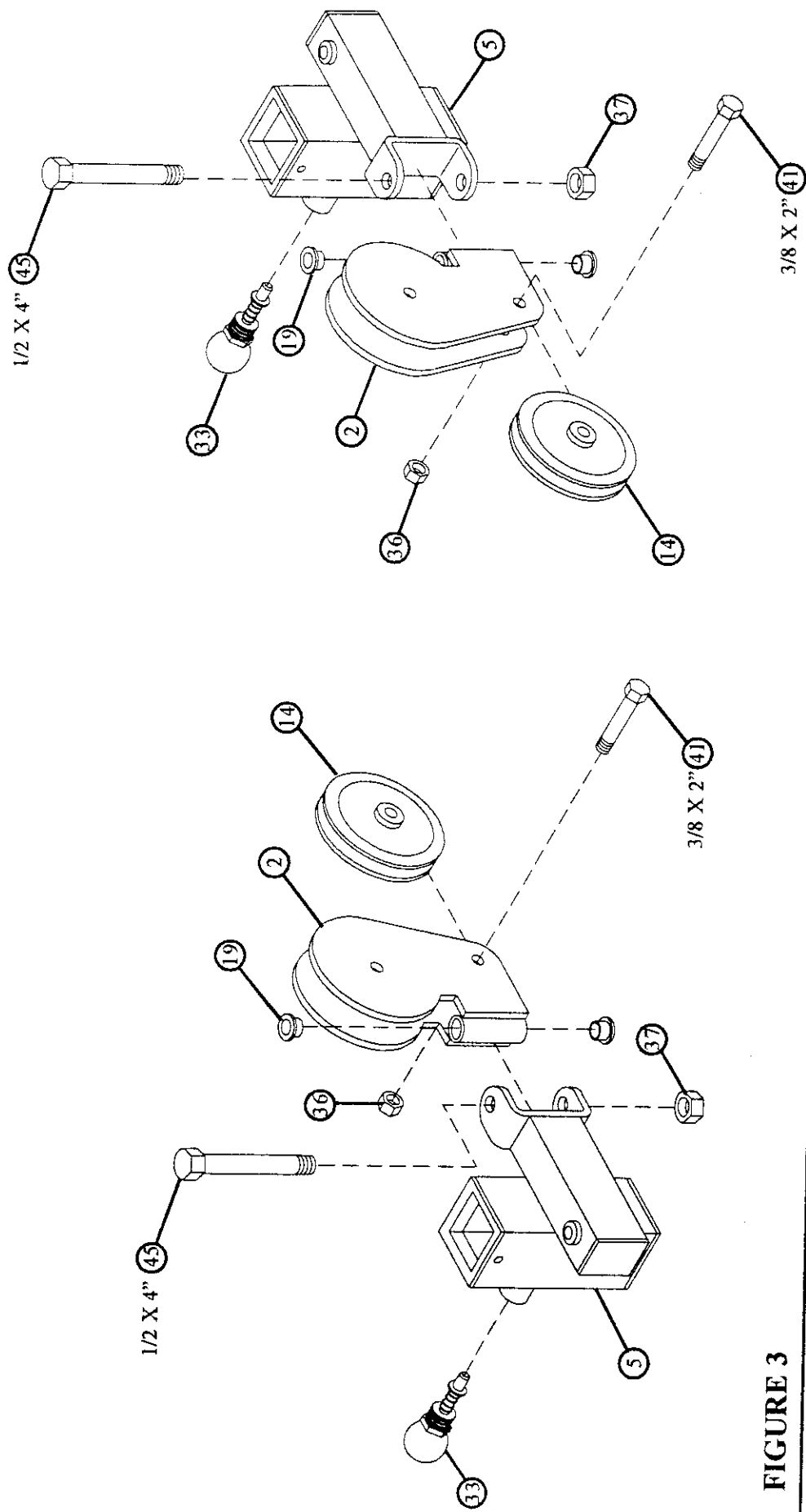


**FIGURE 2**

**STEP 2**

- LOOSELY assemble the two UPPER PULLEY HOUSINGS (8) to the two TOWERS (1) using two 1/2 X 3-1/4" BOLTS (44) and two 1/2" LOCK NUTS (37) as shown in FIGURE 2.





**FIGURE 3**

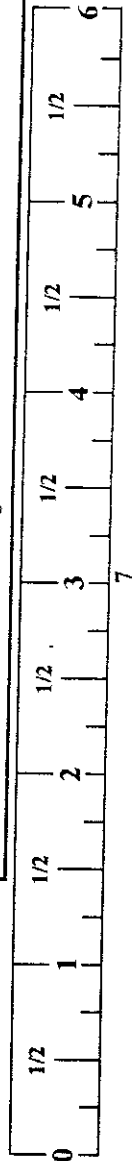
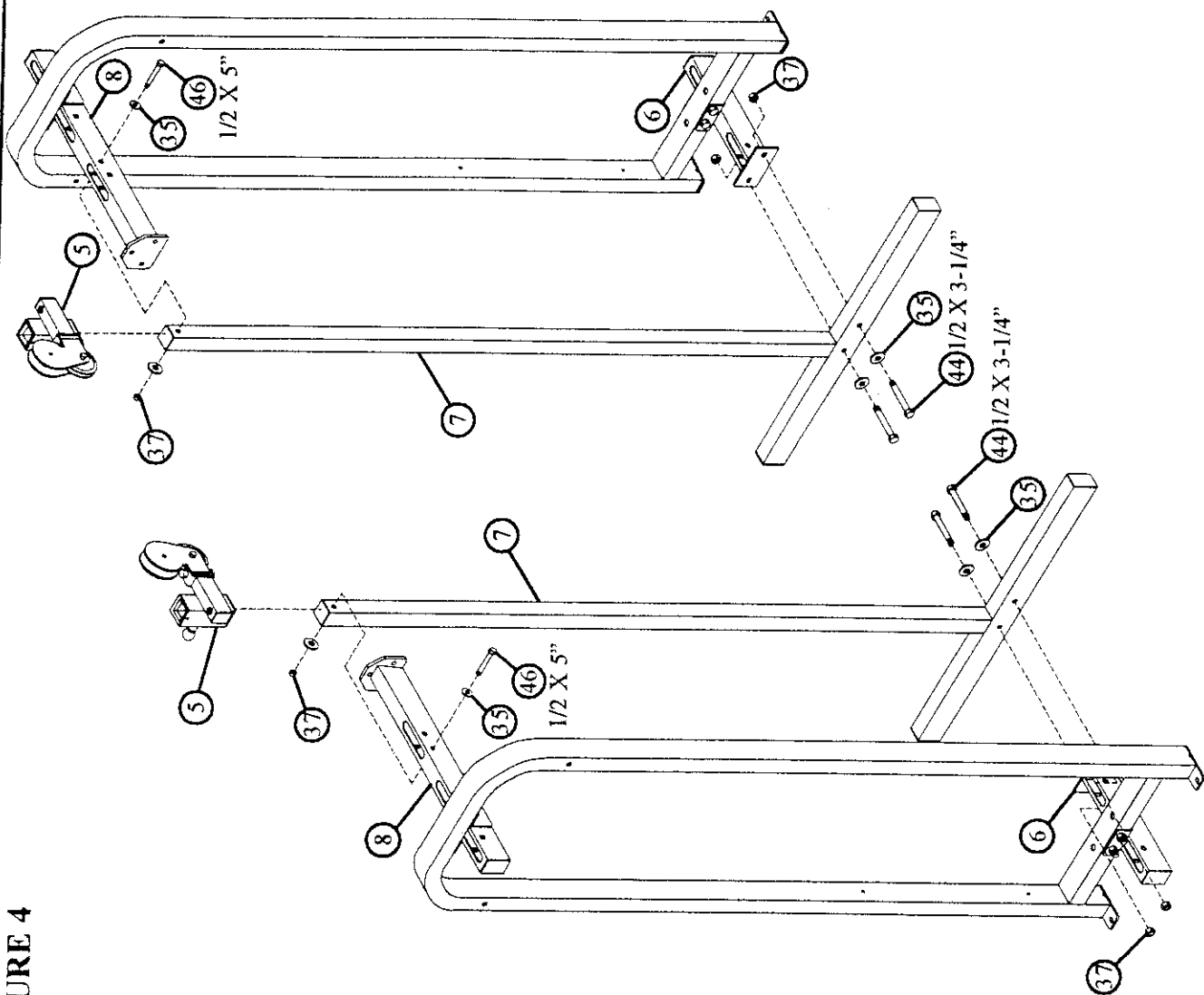
**STEP 3**

- **SECURELY** assemble two 3-1/2" PULLEYS (14) to the two NOVA TRAK SWIVELS (2) using two 3/8 X 2" BOLTS (41) and two 3/8" LOCK NUTS (36). See FIGURE 3.
- Insert two 1/2" FLANGE BEARINGS (19) into each end of the NOVA TRAK SWIVELS (2) and assemble them to the SWIVEL HOLDERS (5) using two 1/2 X 4" BOLTS (45), and two 1/2" LOCK NUTS (37). **(NOTE: Tighten connection enough to remove play, yet allowing the SWIVEL HOLDER (2) to rotate freely.)** See FIGURE 3.
- **SECURELY** assemble two 3/8" SPRING PIN ASSEMBLIES (33) to the SWIVEL HOLDERS (5). See FIGURE 3.

#### STEP 4

- Pull back the SPRING PINS (5) and slide assemblies over the SWIVEL UPRIGHTS (7) as shown in FIGURE 4.
- **LOOSELY** assemble the two SWIVEL UPRIGHTS (7) to the LOWER PULLEY HOUSING (6) using four 1/2 X 3-1/4" BOLTS (44), four 1/2" WASHERS (35), and four 1/2" LOCK NUTS (37) as shown in FIGURE 4.
- **LOOSELY** assemble the SWIVEL UPRIGHTS (7) to the UPPER PULLEY HOUSING (8) using two 1/2 X 5" BOLTS (46), four 1/2" WASHERS (35), and two 1/2" LOCK NUTS (37) as shown in FIGURE 4.
- **SECURELY** assemble all loose connections made to this point.

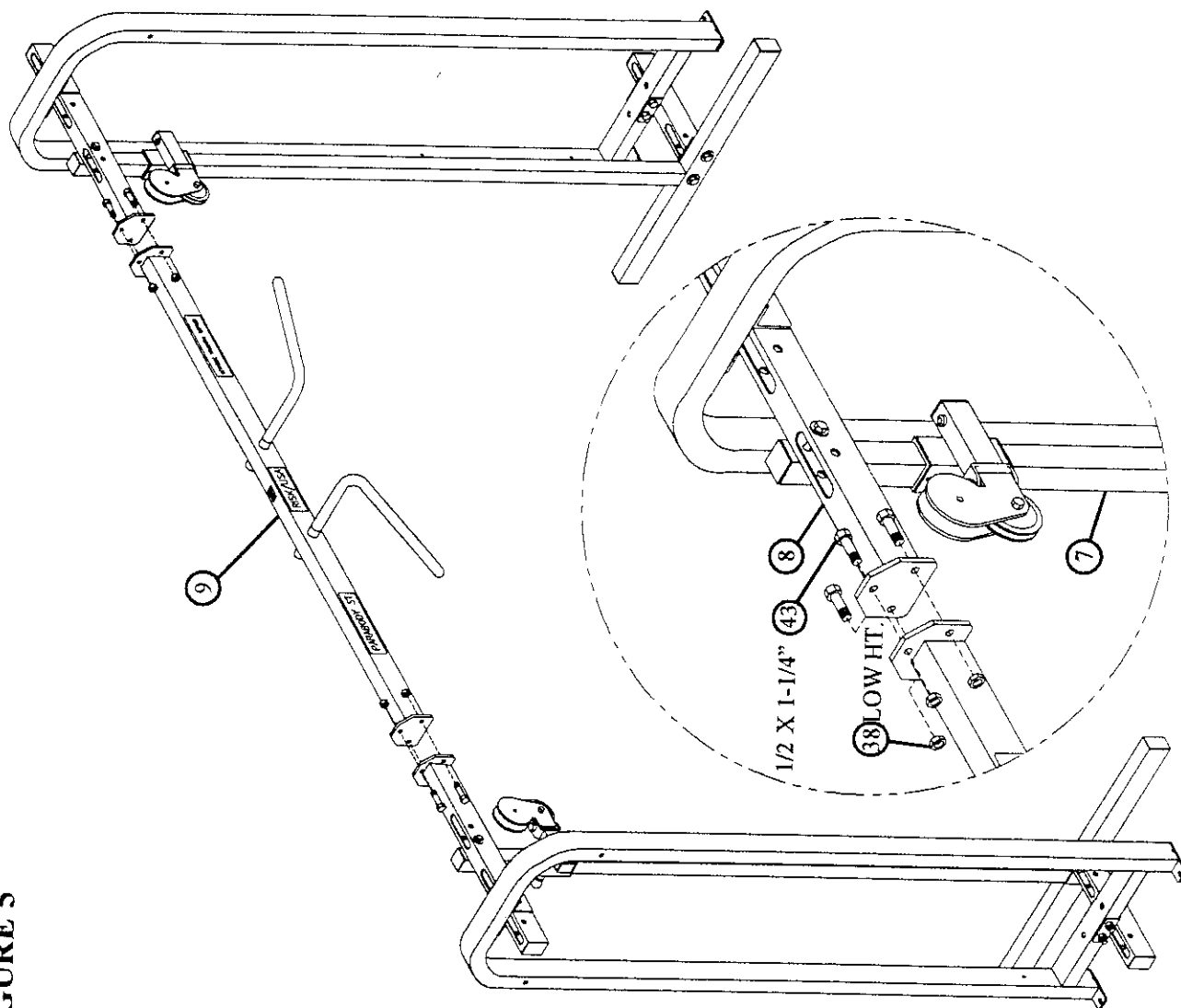
**FIGURE 4**



# STEP 5

- SECURELY assemble the CHIN-UP SUPPORT (9) to the two UPPER PULLEY HOUSINGS (8) using six 1/2 X 1-1/4" BOLTS (43) and six 1/2" LOW HEIGHT LOCK NUTS (38) as shown in FIGURE 5.

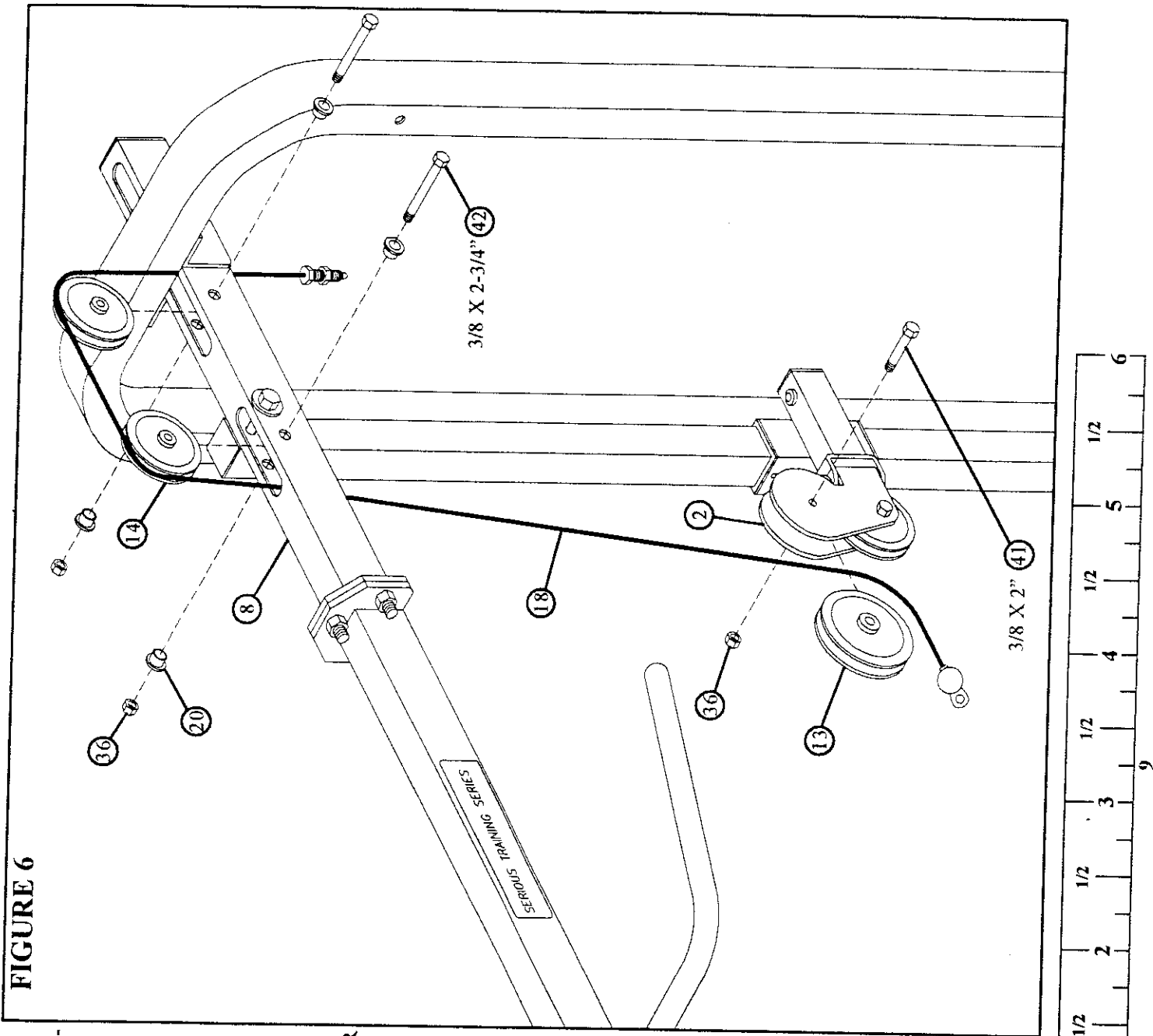
FIGURE 5



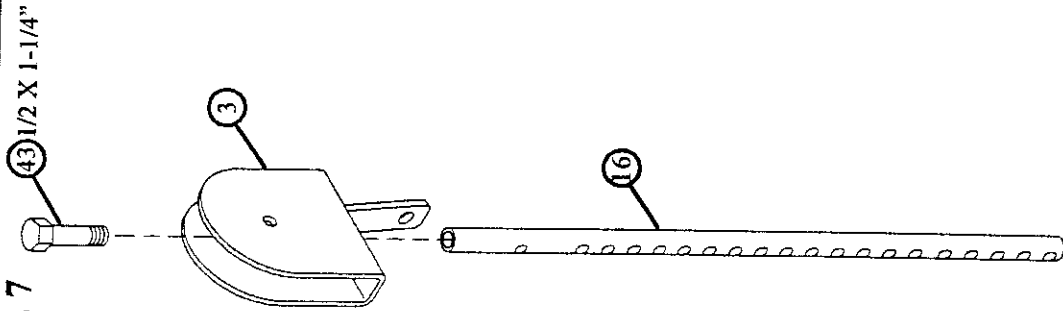
# STEP 6:

- Loop the ball end of the CABLE (18) around one 4-1/2" PULLEY (13) as shown in FIGURE 6.
- **SECURELY** assemble the 4-1/2" PULLEY (13) to the NOVATRAK SWIVEL (2) using one 3/8 X 2" BOLT (41) and one 3/8" LOCK NUT (36).
- Route the threaded end of the CABLE (18) through the opening in the UPPER PULLEY HOUSING (8) and around two 3-1/2" PULLEYS (14) as shown in FIGURE 6.
- **SECURELY** assemble the two 3-1/2" to the UPPER PULLEY HOUSING (8) using two 3/8 X 2-3/4" BOLTS (42), four 3/8" FLANGE SPACERS (20), and four 3/8" LOCK NUTS (36). See FIGURE 6.

**FIGURE 6**



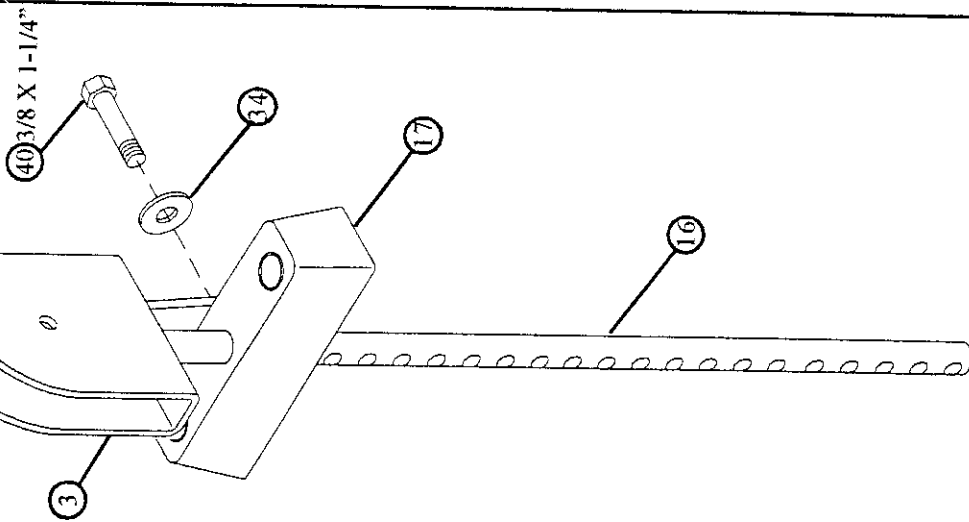
**FIGURE 7**



**STEP 7:**

- **SECURELY** assemble the CENTER PULLEY BRACKETS (3) to the WEIGHT STACK SHAFTS (16) using one 1/2 X 1-1/4 BOLT (43) as shown in FIGURE 7.

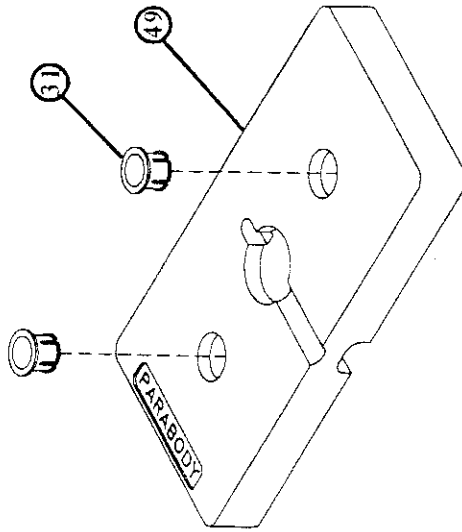
**FIGURE 8**



**STEP 8:**

- Slide HEAD PLATES (17) up the WEIGHT STACK SHAFTS (16) and **SECURELY** assemble the CENTER PULLEY BRACKETS (3) to the HEAD PLATES (17) using two 3/8 X 1-1/4" BOLTS (40) and two 3/8" WASHERS (34) as shown in FIGURE 8.

**FIGURE 9**

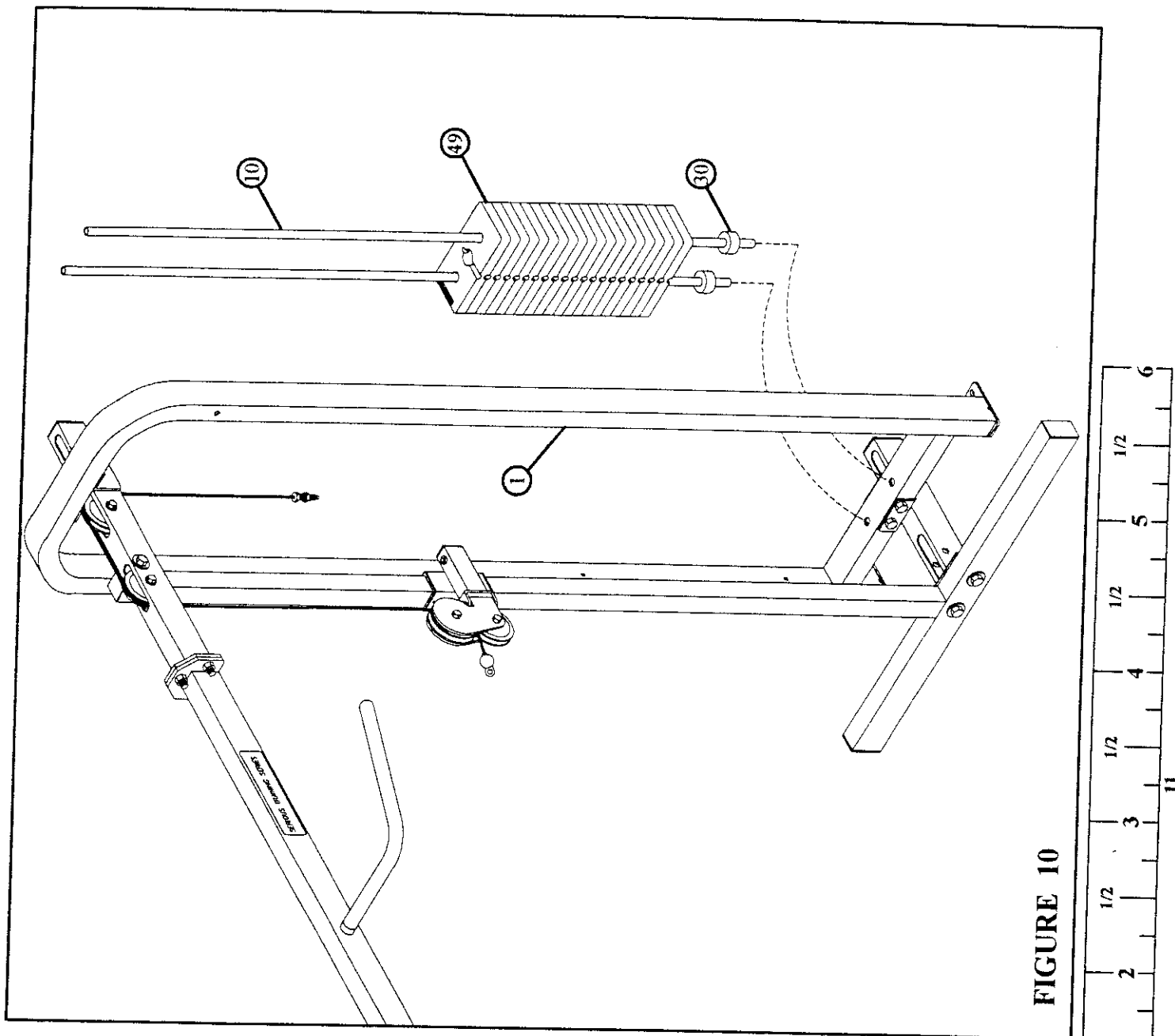


**STEP 9:**

- Snap two WEIGHT PLATE BUSHINGS (31) each, into the PARABODY side of the forty WEIGHT PLATES (49) as shown in FIGURE 9.

## STEP 10:

- Insert the two GUIDE RODS (10) into the base of the TOWER (1) as shown in FIGURE 10. Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (30) down over the GUIDE RODS (10). See FIGURE 10.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (49) down over the GUIDE RODS (10) with the "PARABODY" side up and the key-hole facing as shown in FIGURE 10.



**FIGURE 10**

### STEP 11:

- Run CABLE (18) under and around the 4-1/2" PULLEY (13) as shown in FIGURE 11.
- Securely assemble the 4-1/2" PULLEY (13) to the CENTER PULLEY BRACKET (3) using one 3/8 X 2" BOLT (41) and one 3/8" LOCK NUT (36). See FIGURE 11.
- Carefully slide the HEAD PLATE ASSEMBLY (17) down over the GUIDE RODS (10) onto the weight stack as shown in FIGURE 11.

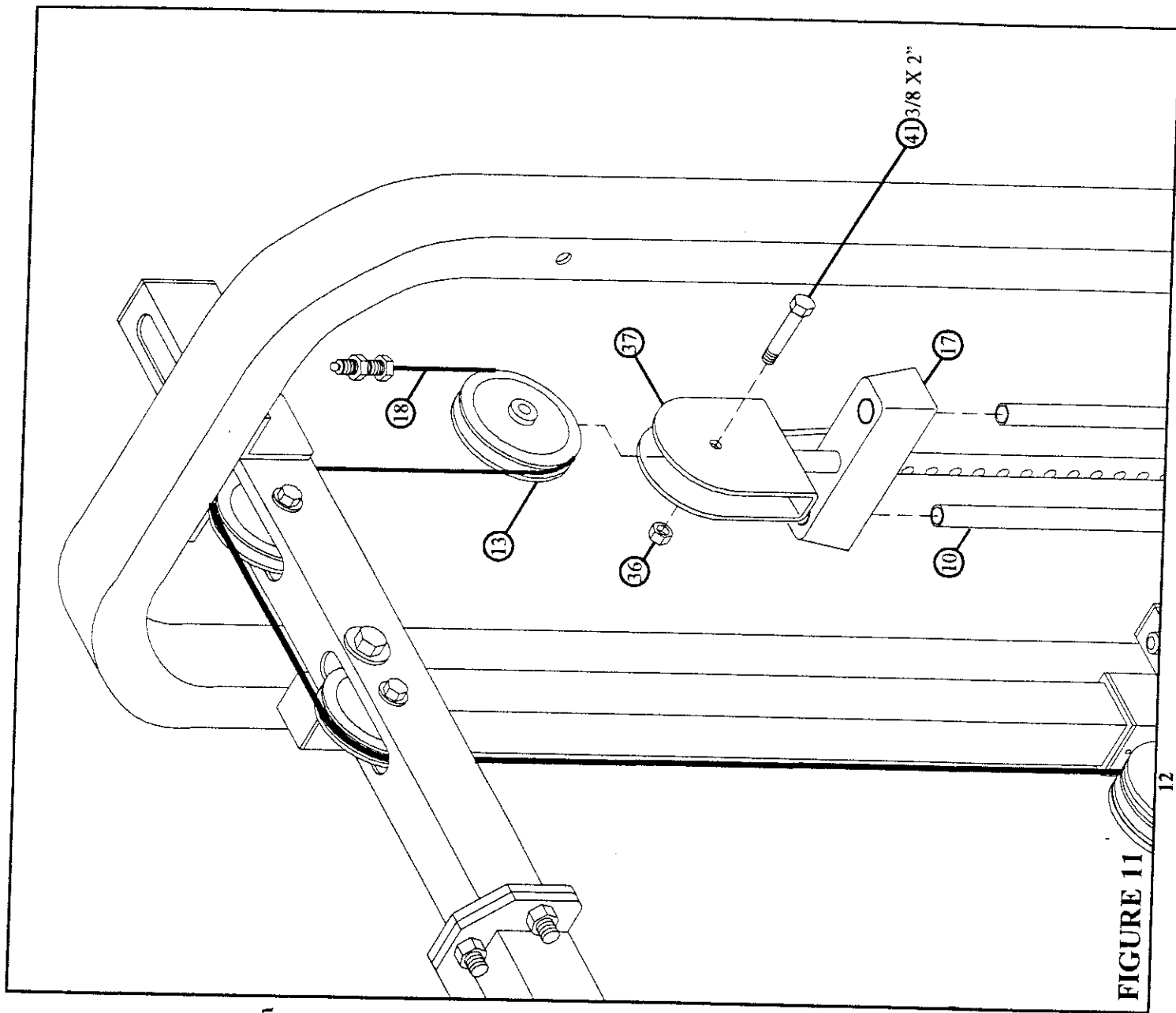
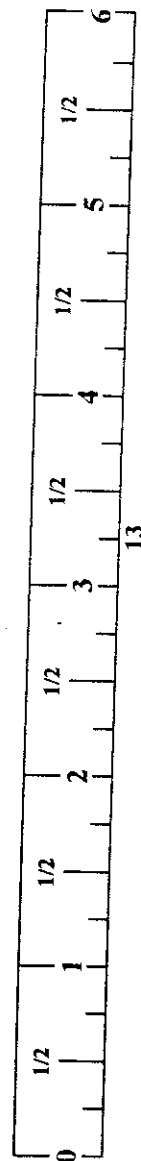
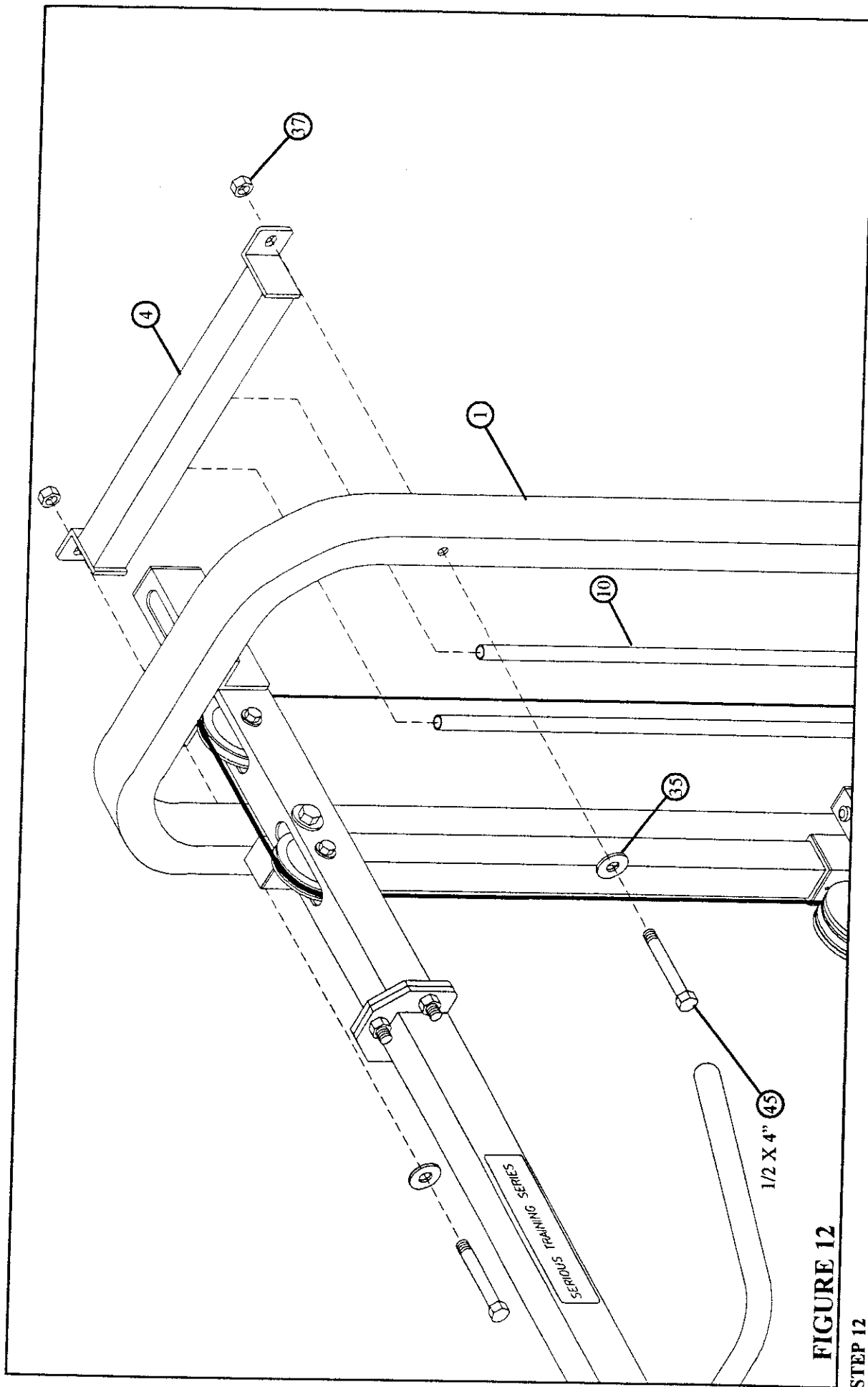
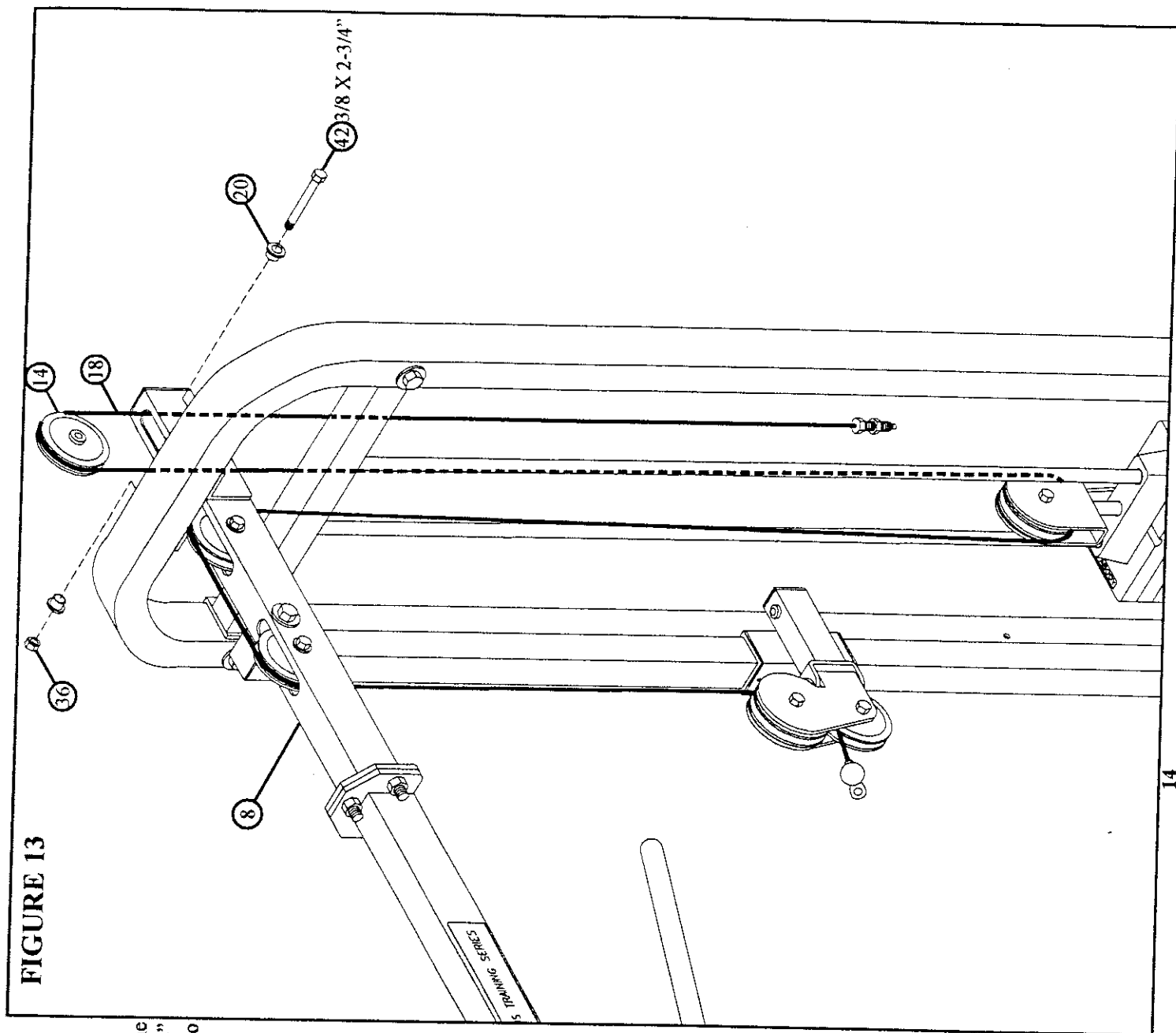


FIGURE 11



### STEP 13:

- Loop the threaded end of the CABLE (18) around a 3-1/2" PULLEY (14) as shown in FIGURE 13.
- **SECURELY** assemble the 3-1/2" PULLEY (14) to the UPPER PULLEY HOUSING (8) using one 3/8 X 2-3/4" BOLT (42), two 3/8" FLANGE SPACERS (20), and two 3/8" LOCK NUTS (36). See FIGURE 13.



# STEP 14:

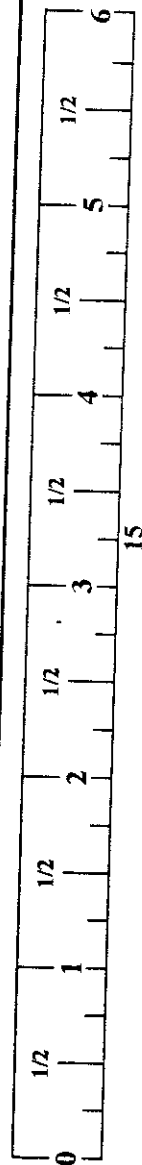
- Route the threaded end of the CABLE (18) through the LOWER PULLEY HOUSING (6) as shown in FIGURE 14.
- Slip one 3-1/2" PULLEY (14) over the CABLE (18) and SECURELY assemble the 3-1/2" PULLEY (14) to the LOWER PULLEY HOUSING (6) using one 3/8 X 2-3/4" BOLT (42), two 3/8" FLANGE SPACER (20) and one 3/8" LOCK NUT (36) as shown in FIGURE 14. (Make sure the CABLE is in the groove of the PULLEY.)

FIGURE 14

# STEP 15:

- Slip one 3-1/2" PULLEY (14) over the CABLE (18) and SECURELY assemble the 3-1/2" PULLEY (14) to the LOWER PULLEY HOUSING (6) using one 3/8 X 2-3/4" BOLT (42), two 3/8" FLANGE BEARINGS (20) and one 3/8" LOCK NUT (36) as shown in FIGURE 15. (Make sure the CABLE is in the groove of the PULLEY.)

FIGURE 15

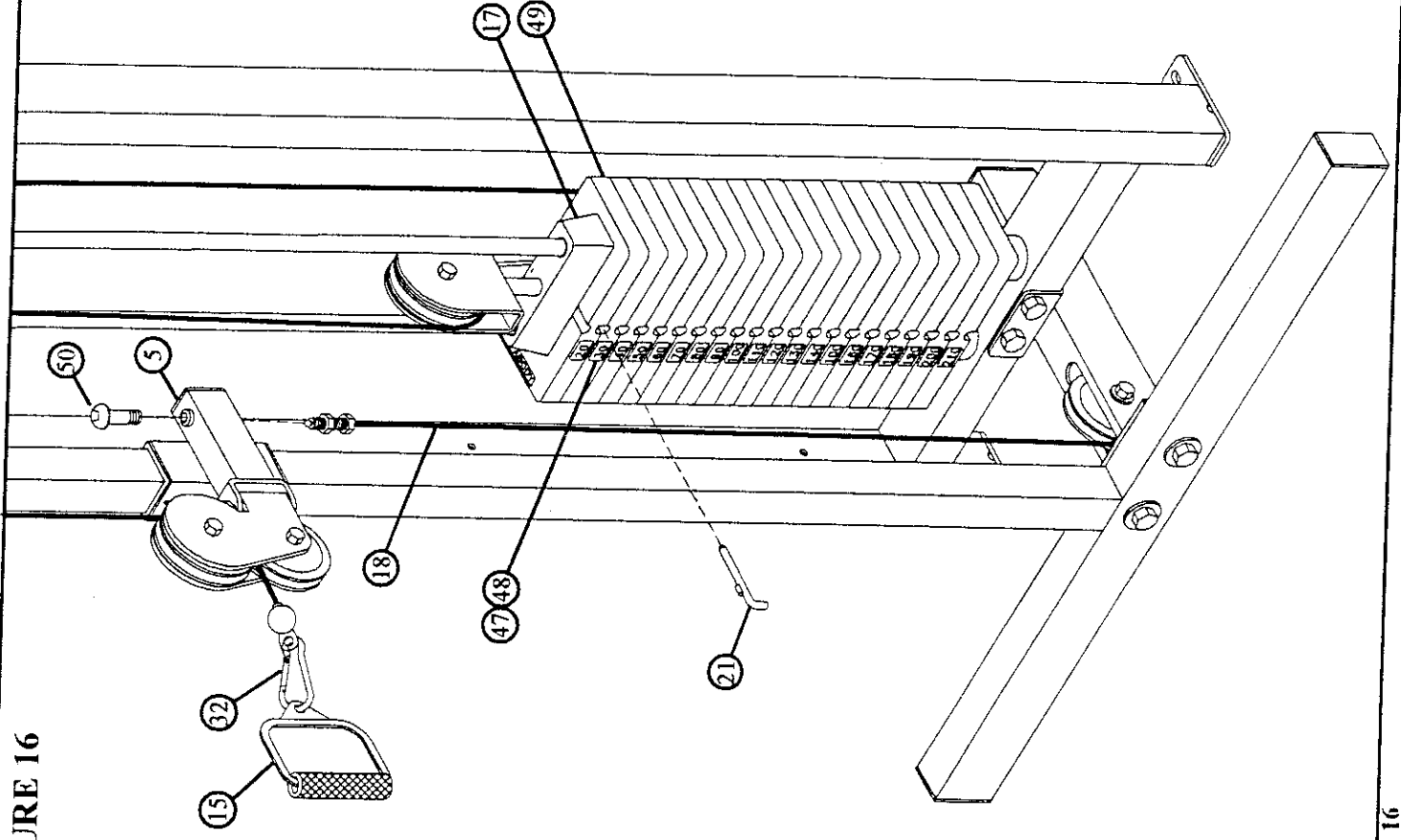


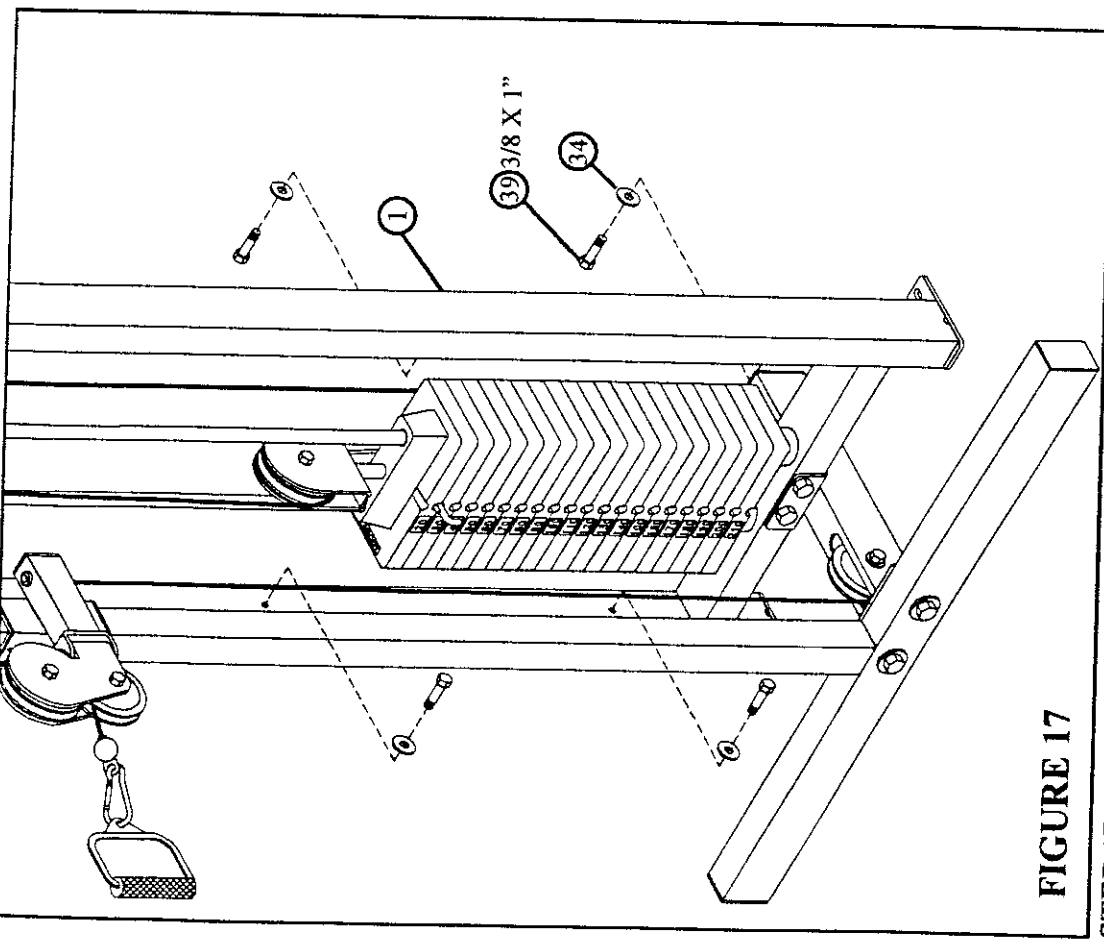
## STEP 16

- Screw the threaded end of CABLE (18) approximately 3/4" into the SWIVEL HOLDER (5) and tighten jam nut SECURELY as shown in FIGURE 16.
- SECURELY assemble one 1/2 X 3/4" BUTTON HEAD CAP SCREW (50) to the SWIVEL HOLDER (5). See FIGURE 16.
- Attach one 5/16" SNAP HOOK (32) and one REVOLVING CHROME HANDLE (15) to the ball end of the CABLE (18). See FIGURE 16.
- Apply one set of WEIGHT STACK LABELS - LBS. OR KGS. (47) to each WEIGHT PLATE (49) as shown in FIGURE 16.
- Insert the WEIGHT STACK PIN (21) into the first WEIGHT PLATE (49) of the WEIGHT STACK as shown in FIGURE 16.
- If the HEAD PLATE (17) does not sit on top of the first WEIGHT PLATE (49), push the head plate down, insert the SELECTOR PIN (21) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (17) from lifting up.
- If after completing the previous step the HEAD PLATE (17) still does not sit on top of the first WEIGHT PLATE (49) or if there is excess slack in the cable system, adjust the threaded end of the CABLE (18) accordingly and RETIGHTEN the jam nut.

- Repeat STEPS 6-16 to assemble cable on other side of the CABLE CROSS OVER.

FIGURE 16

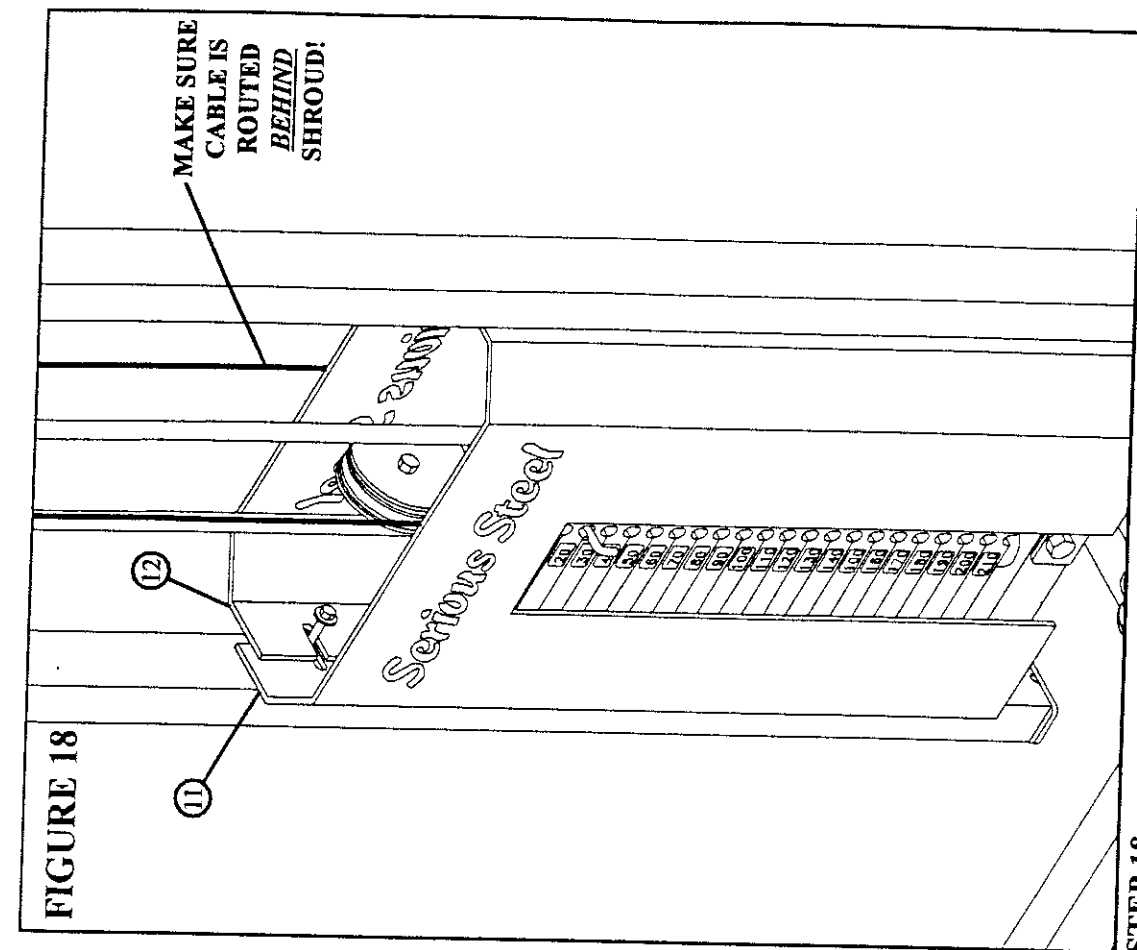




**FIGURE 17**

**STEP 17:**

- Thread four 3/8 X 1" BOLTS (39) and four 3/8" WASHERS (34) one-quarter of the way into the threaded holes on the TOWER (1) as shown in FIGURE 17.



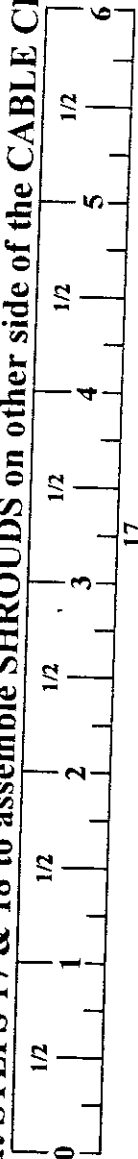
**FIGURE 18**

**STEP 18:**

- SECURELY assemble the FRONT SHROUD (11) over the protruding 3/8" BOLTS, then assemble the REAR SHROUD (12) inside of the FRONT SHROUD (11). (NOTE: MAKE SURE SHROUDS ARE UNDERNEATH THE WASHERS AND MAKE SURE REAR CABLE IS ON THE OUTSIDE OF THE REAR SHROUD.) See FIGURE 18.

- SECURELY tighten the bolts holding the FRONT (11) & REAR (12) SHROUDS.

• Repeat STEPS 17 & 18 to assemble SHROUDS on other side of the CABLE CROSS OVER.



# STEP 19:

- Make sure all connections are tight and secure.

**THIS CONCLUDES THE ASSEMBLY OF  
THE 942101 CABLE CROSS OVER**

**FIGURE 19**

